

NHLCA DRILL OF THE MONTH

MARCH 2022

1 VS 1 PUSH THE PACE

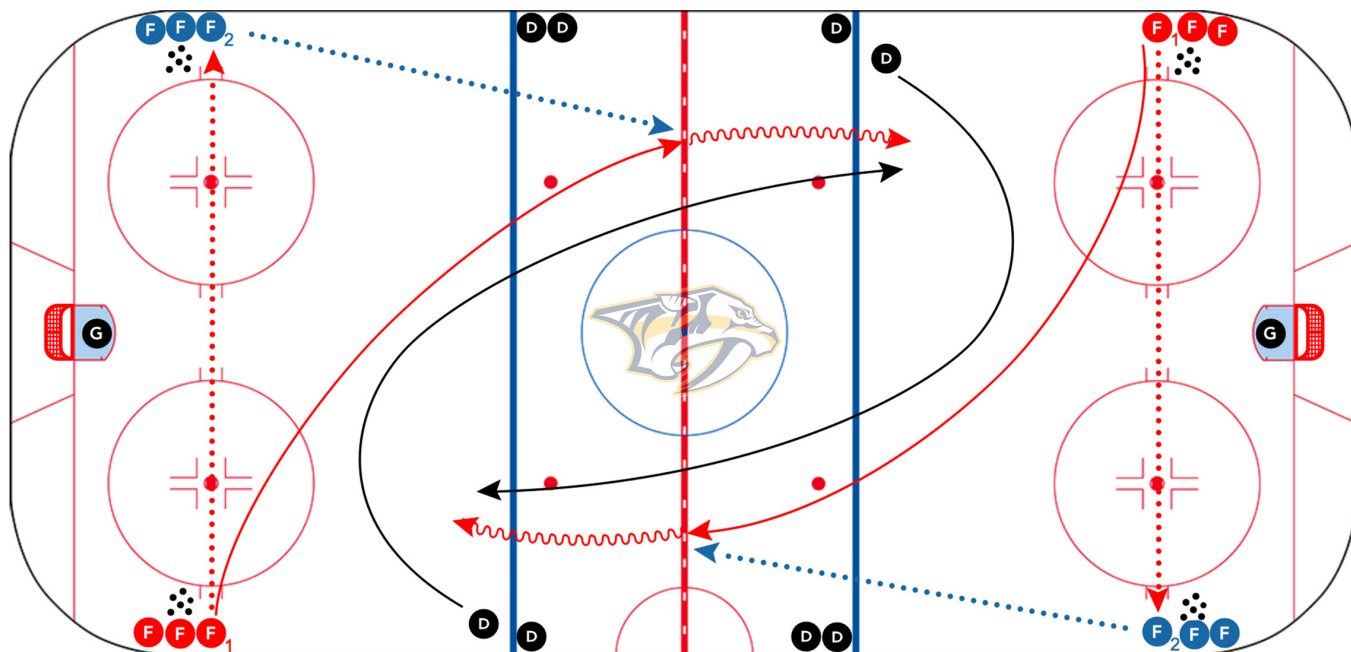
Category: Breakout

Team: Nashville Predators

Description:

- Forwards in all 4 corners with pucks. D on walls at blue lines.
- 1 vs 1 out of opposite corners. Forwards work on pushing the pace. D work on surfing up and taking the gap early.
- D should allow forwards to handle the puck until puck gets into the OZ where they play out the 1 vs 1.

Surfs Up: "Going forwards toward a player then transitioning backwards"



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